

Men's Health Tips: Stroke & Heart Health

Dr. Philip Seton, Chief of the Emergency Department at the Washington DC VA Medical Center, began his career in general medicine before a life-altering experience would change the course of his medical career. His father had a stroke.

"My father had hypertension and took his medications religiously, but he still suffered from a stroke," said Seton. The doctor urges men to be vigilant and stay on top of their health. "Changing your health condition is a lifestyle." He encourages men to take a bike ride, toss a ball, eat less salt and try more vegetables. Just following this simple regiment every day will reduce the risk of heart disease, stroke and obesity.

Dr. Seton works extensively with his patients on stroke management; he is a huge advocate of early stroke prevention. "Men usually have conditions that are preventable with early intervention. Quit smoking; eat the right food and avoid red meat," he recommends.

"What I often see every day is men coming to the Emergency Department complaining about symptoms they have had for months or even years." Early intervention can make a tremendous difference during diagnosis and recovery from both stroke and heart disease. "Don't ignore your body," says Dr. Seton. If you think you are having a stroke use the acronym F.A.S.T. to remember the warning signs:

F –Face Drooping **A**–Arm Weakness **S**- Speech Difficulty **T**- Time to call 9-1-1

